



U.S. Department  
of Veterans Affairs

## NEWS RELEASE

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#### **Tennessee Valley Healthcare System to recognize family caregivers**

**CLARKSVILLE, Tenn.** – Tennessee Valley Healthcare System (TVHS) will honor those who provide care for a Veteran family member with an event at the William O. Beach Civic Hall at 350 Pageant Lane, Suite 201 in Clarksville on Thursday, Nov. 30 from 11:30 a.m. to 2 p.m.

Recognizing November as National Family Caregivers Month, TVHS is taking this time to salute family caregivers for the care and tireless support they provide to Veterans. TVHS experts will share information about suicide prevention and mental health services, and message therapy and restorative yoga sessions will be offered. The event will also feature a performance by a family caregiver who worked with a Nashville songwriter to compose a song at an Operation Song Caregiver Retreat.

When an eligible Veteran requires around the clock support, the Caregiver Support Program is available to assist. TVHS offers a variety of educational and support services to ensure family caregivers have the tools they need to provide necessary care and help Veterans remain safely in their homes.

“The work caregivers do is invaluable,” said Dr. Sherry Walker, TVHS Caregiver Support Coordinator. “The role caregivers play enables their loved ones to achieve a better quality of life and is correlated with faster progress in rehabilitation and recovery,” she said.

A 2015 National Alliance for Caregiving and AARP study estimated family caregivers spend an average of 24.4 hours per week providing care and nearly 1 in 4 caregivers spends 41 hours or more per week providing care.

TVHS is an integrated tertiary health care system comprised of two hospitals, the Alvin C. York Campus in Murfreesboro and the Nashville Campus, as well as more than a dozen community-based outpatient clinics located in Tennessee and Kentucky. TVHS provides ambulatory care, primary care, and secondary care in acute medicine and surgery, specialized tertiary care, transplant services, spinal cord injury outpatient care, and a full range of extended care and mental health services.

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